



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UPPER BUCKS YMCA

SPRING 2012

SPRING INTO PROGRAMS & EVENTS



SPRING SESSIONS

SPRING 1 | February 26 – April 21, 2012

Full Members begin registration IMMEDIATELY!
Program Members begin registration February 6
Non Members begin registration February 13
Youth sport league registrations begin immediately for everyone.

SPRING 2 | April 22 – June 16, 2012

Full Members begin registration IMMEDIATELY!
Program Members begin registration April 2
Non Members begin registration April 9
Youth sport league registrations begin immediately for everyone.



Thank you readers of *The Intelligencer* for voting our
Gymnastics Center as "One of the Best of Bucks Mont 2011"!

UPPER BUCKS YMCA

401 Fairview Avenue | Quakertown, PA 18951
215-536-YMCA (9622) | Fax 215-538-2592



Visit us on the web at
www.ubymca.org
and find us on Facebook!

Get more information about the Y!

MEMBERSHIP INFORMATION

When signing up for classes as a Full or Program Member, your membership must be current. If your membership expires during the class session, you will be reminded to renew.

FACILITY AMENITIES

Gymnasium & Locker Rooms (including Family Locker Rooms)
 Wellness & Gymnastics Centers
 Pool (competition and family pool with giant slide and other water features)
 Recreation Center (pool table, ping pong, foosball, Wii)
 Kids Korner Babysitting Room
 School Age Child Care Center
 Auxiliary Gym and Spinning® Studio

FULL PRIVILEGE MEMBERSHIP

A full privilege membership allows an individual or family full usage of the facilities (including fitness center and pool) as well as participation in all YMCA programs at the best rates.

Membership Description	Down*	Cost
Youth/Birth to 18	\$102	\$26
College/Fulltime student	\$122	\$36
Adult/Age 18 & over	\$132	\$41
Senior Adult/Age 62 or older	\$122	\$36
Military/First Responders Adult Fulltime Military Personal showing ID	\$122	\$36
Family (2 Adults and all dependents up to age 26 residing in same household)	\$207	\$66
Senior Couple One individual is 62 or older	\$187	\$56
Military/First Responders Family Fulltime Military Personal showing ID and 2 Adults and all dependents up to age 26 residing in the same household	\$187	\$56

*Set-up Fee plus 2 months of membership

AUTO-PAY PLAN LOCK-IN MEMBERSHIP:

No rate increase guarantee for 2 years!** Payments are deducted monthly from your checking account, statement savings, Visa, MasterCard or Discover, beginning two months after enrollment.

Deductions are continuous until cancelled with a 30-day written notice. Current members interested in changing to the Auto-Pay Plan pay for two months until automatic withdrawal begins. **If the membership is cancelled within the 2 year period the rate will be lost. In order to re-join a set up fee will apply and the membership will be locked in at the current rate. Please visit the Welcome Center or contact Member Services for payment methods.

BANK SERVICE CHARGE

Any credit card, check or membership dues draft declined or not honored by the bank, for any reason, will result in a \$25 YMCA service charge for each time it is not honored.

PROGRAM MEMBERSHIP

This membership allows individuals to participate in YMCA programs at reduced rates. No privileges are included for use of facility.

Membership	Annual Fee
Youth	\$50
Adult	\$125

MEMBERSHIP CARDS

All members will have their photo taken and a membership card issued to them. For security and facility usage purposes membership cards must be scanned upon admittance to the Upper Bucks YMCA. Members entering without scanning their card must present a form of identification and sign in at the Welcome Center. The Upper Bucks YMCA reserves the right to deny facility access to members who habitually do not scan their membership cards. A replacement card is available for a fee.

NON-MEMBER Y USE

Non-members using the Y facilities either during a program or entering as a guest are required to show identification and sign in at the Welcome Center.

MILITARY MEMBERSHIPS

Free Full Privilege Family Memberships are available to families of deployed National Guard and Reserves; relocated spouse of deployed active duty personnel; and active duty assigned to independent duty locations. Call Allyson Fox, Membership Development Director, at 215-536-YMCA (9622), ext. 106 to participate in this program.

MILITARY AND COMMUNITY FIRST RESPONDER MEMBERSHIPS

Special reduced rates available for active duty military members and community first responders (fire, police, EMT, 911 call center operators, etc.) and their families. Please see rates noted in the fee section under Military/First Responders.

DAILY GUEST FEES

Each guest fee is good for two visits to the Y. Up to two guest fees, purchased within the month, may be used toward the purchase of an annual full privilege membership. Some restrictions may apply.

Youth	FREE (ages 0-4)
Youth	\$10 (ages 5-17)
Adult	\$15
Family	\$40 (2 adults/2 children)

HOURS OF OPERATION

Quakertown Fairview Avenue Building

M-Th | 5:30 am – 10:00 pm

F | 5:30 am – 8:30 pm

Sa-Su | 7:15 am – 6:00 pm

PARTIES/LOCK-INS

Think of the Upper Bucks YMCA for your next private function. Scouts, church and school groups, birthday parties, bridal or baby showers, corporate functions. Call 215-536-YMCA (9622) or email ymcaparties@ubymca.org for information.

VOLUNTEER OPPORTUNITIES

The Y offers a wonderful opportunity to become involved, make a difference and feel good about yourself! Pick up an application or call 215-536-YMCA (9622).

SECURITY

Our building and parking lot are equipped with security cameras. However, please do not leave valuables in your car while visiting. Additionally, lockers are available for the convenience of our members and guests. Please remember to bring a lock while you are at the Y. The Y is not responsible for lost or stolen items.

FINANCIAL ASSISTANCE

The Upper Bucks YMCA is committed to the communities we serve. That is why we promise to fulfill the 150+ year YMCA tradition of never turning anyone away due to gender, creed, ethnicity or financial need to those who qualify. If you or your family would like to apply, please fill out a financial assistance application available at the Welcome Center or online at www.ubymca.org.

HOLIDAY CLOSINGS

Easter Sunday April 8, 2012
Memorial Day Monday, May 28, 2012

HEALTH INSURANCE

Our Y participates in the Independence Blue Cross Fitness Select program. Please contact a Healthy Lifestyles representative at 800/275-2583 for more information. National Covered Fitness Benefit Program includes: Sterling, Pacificare, UPMC, Geisinger, WellCare, Touchstone, Independence Blue Cross, Highmark and more. Members must provide their insurance card at the Welcome Center to verify eligibility and be enrolled. Health & Wellness Affinity Program includes: AARP, CDPHP, AvMED, WEA TRUST, CAREINGTON, and Blue Cross and Blue Shield Benefit Program. Members of this program are provided a waiver of the initial set up fee.

REFUNDS AND CREDITS

Programs: Make-ups will be set in place for a cancelled class during the session. If a make-up can not be arranged by the Y, then credit will be issued. No program fee refunds will be processed unless a class is cancelled by the Y. Otherwise, credit will be issued. Any person who registers, pays and cancels, will receive credit, through a director, minus a \$10.00 processing fee. All credits are valid for one year after issue date. Class change requests made at least two weeks prior to the session start date will be accommodated if space is available. Class change requests made within two weeks of the session start date will be accommodated if space is available for a \$5 processing fee. Membership: fees are refundable within the first 30 days of membership for approved medical reasons or relocation from service area only. Set-up fees are non-refundable.

SILVER SNEAKERS

We are a Healthways SilverSneakers Fitness Program™ participant. Eligible seniors receive a Full Privilege Senior Membership at no cost. Please call 215-536-YMCA (9622) for more details.

MARK YOUR CALENDAR!

RED CROSS BLOOD DRIVE

Dates: Tuesday, February 14, 2012

Time: 1:00-7:00 pm

The number one reason people do not give blood is because they were never asked! So here goes... Would you like to save three lives today? If you answered yes, then sign up to donate blood. You'll be glad you did! The summer and holiday seasons are when blood donations are at their lowest. Your donation will help the Red Cross keep up their supplies during these critical times.

UPPER BUCKS HEALTHY LIVING FAIRE

Sponsored by Upper Bucks Chamber of Commerce

Date: Saturday, March 17, 2012

Time: 10:00 am – 3:00 pm

Location: Upper Bucks YMCA 401 Fairview Ave.

Fee: FREE

PRIVACY POLICY

The Y does not sell/provide membership or program lists. Expired membership applications are shredded.

PHOTO POLICY

Classes and events are occasionally photographed for promotional purposes. Anyone wishing to be excluded should inform the photographer. Video recorders, cameras, or any other visual recording devices are not allowed within the Y without permission of the executive director.

SMOKING

Smoking is not permitted in Upper Bucks YMCA building or on property.

INCLEMENT WEATHER POLICY

Watch Channel 69 (WFMZ) or log on to wfmz.com for building delays or closings. Regarding YMCA classes, when the Quakertown School District has a delay or cancellation, Quakertown building classes will begin at 11:00 am. When conditions worsen throughout the day, watch/listen for announcements on the above tv/internet site. Information will also be distributed via email (for members who have provided us with an email address), our website (www.ubymca.org) and Facebook page.

MANAGEMENT STAFF

Executive Director – Pat Edwards
Administrative Assistant – Tammy Dunning
Aquatics Director – Ben Mihalko
Arts & Humanities Coordinator – Amanda Arkans
Childcare Director – Sandi Robb
Controller – Roe Horn
Gymnastics Director – Janine Brown
Health & Wellness Director – Megan Gelsebach
Marketing Director – Sherri Werner
Membership Development Director – Allyson Fox
Sports Director – Joshua Gossler

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CHILD CARE

We are an equal opportunity care provider and offer financial assistance for those who qualify. If your family would like to apply, please fill out a financial assistance application available at the Welcome Center or on our website at www.ubymca.org. For rates and to schedule a tour, please contact Sandi Robb, Childcare Director at 215-536-YMCA (9622) ext. 130 or sandi.robb@ubymca.org.

SCHOOL AGE CHILDCARE

**Serving Quakertown School District
Keystone Stars participant
Care provided before and after
Kindergarten and Elementary School
School's Out Days available
Transportation provided**

Ages: Kindergarten - 5th grade

Time: M - F 6:15 am-6:00 pm

We are excited to have our school age program at our Fairview Avenue facility, which allows us to offer more benefits like swimming and activities in our gymnasium.

School's Out Days:

March 19	(19131)
April 5	(19132)
April 9	(19133)
April 24	(19134)
June 11	(19487)
June 12	(19488)
June 13	(19489)
June 14	(19490)

School Age Child Care Closings:

April 6 and May 28

PRE-KINDERGARTEN CARE

Keystone Stars Participant

A childcare and enrichment program for 4 and 5 year olds who miss the cut-off for kindergarten. This high quality program is designed to help children excel and prepare themselves for kindergarten. Swimming, gym classes, and two snacks are provided. This program runs the full year and follows the Quakertown Community School District calendar during the school year.

Ages: 4-5 years

Time: 6:15 am-6:00 pm

Location: The Y, 401 Fairview Ave., Quakertown

BABYSITTING

KIDS KORNER BABYSITTING -

Located at the YMCA on Fairview Avenue, this program is for children 6 weeks - 12 years of age. Parents using the Y facilities or participating in a program must use the Y babysitting room for supervision of their children. Minimum age is 6 weeks. **FREE for full privilege adult members' children for two hours per day, per child. There will be a per hour, per child charge for time over two hours.** Children cannot be left unattended at any time. Youth 15 and under must be accompanied by an adult when not in an organized activity. Parents must be using the Y or participating in a Y program to use this service.

M - Sa 8:45 am - 1:00 pm

M - Th 4:30 pm - 8:30 pm

NEW EXTENDED HOURS! Su - 10:00am - 2:00pm

RECREATION CENTER

Room donated by Dennis & Mary Helf

Pool - Foosball - Ping Pong - Wii - Board Games

The Recreation Center is available to Full Members only. Access may be limited for programs and events. (Non members who pay a guest fee may also use the center, with a valid receipt).

PRESCHOOL GYMNASTICS

KINDERGYM

Instructional preschool gymnastics classes for boys and girls on all apparatuses.

Fee:	Full Member	\$68
	Program Member	\$83
	Non Member	\$133
Ages:	4 – 6 years	
Time:	M 10:30–11:30 am	(19521) (19558)
	Tu 10:30–11:30 am	(19520) (19559)
	Tu 5:30–6:30 pm	(19522) (19560)
	Sa 9:15–10:15 am	(19495) (19534)

KINDERGYM JR.

Ages:	3 – 4 years	
Time:	Tu 10:30–11:30 am	(19523) (19561)
	Tu 5:30–6:30 pm	(19524) (19562)
	Sa 9:15–10:15 am	(19494) (19533)

TUMBLIN' TIGERS

Boys only preschool gymnastics class for high energy kids.

Ages:	3-5 years	
Time:	M 11:30 am–12:30 pm	(19507) (19546)
	Tu 11:30 am – 12:30 pm	(19508) (19547)
	Th 11:00 am – 12:00 pm	(19506) (19545)
Fee:	Full Member	\$55
	Program Member	\$75
	Non Member	\$125

PARENT / TODDLER GYMNASTICS

Organized play time with parent and child on some of our gymnastics equipment.

Fee:	Full Member	\$48
	Program Member	\$68
	Non Member	\$118

LITTLE ROLLERS

Ages:	12–24 months	
Time:	Th 10:00–10:45 am	(19525) (19563)
	F 10:00–10:45 am	(19527) (19565)

TINY TUMBLERS

Ages:	24–36 months	
Time:	Th 9:15–10:00 am	(19528) (19566)
	F 9:15–10:00 am	(19526) (19564)

NEW! BOUNCING BUDDIES

Open gym time on our gymnastics mat for toddlers and their parent or guardian.

Fee:	Full Member	\$48
	Program Member	\$68
	Non Member	\$118
Ages:	18 – 36 months	
Time:	Sa 8:30 – 9:15 am	(19508) (19542)

ARTS & HUMANITIES PRESCHOOL

In cooperation with the Katie Stauffer Memorial Arts Center (www.katiestauffer.org)

PRESCHOOL ART STUDIO

Preschoolers explore crafts using natural materials. Upbeat experienced teachers will show how fun it is to play with art.

Ages:	3–5 years	Spring 1	Spring 2
Time:	M 9:30 – 10:15 am	(19462)	(19477)
Fee:	Full Member	\$51	
	Program Member	\$66	
	Non Member	\$88	

CREATIVE DANCE AND MOVEMENT

Children learn fun and creative ways of moving their bodies to music. Includes an introduction to yoga, ballet and other types of dance.

Ages:	4–6 years	Spring 1	Spring 2
Time:	W 9:30–10:15 am	(19465)	(19471)
Fee:	Full Member	\$51	
	Program Member	\$66	
	Non Member	\$88	

MARK YOUR CALENDAR!

HEALTHY KIDS DAY 2012

Sponsored By: The Upper Bucks Health & Diagnostic Center
Visit the Upper Bucks YMCA to sample a class, visit a vendor table, swim in our pool and much more! Activities will include moon bounce, face painting and bingo! Refreshments are available for a fee.

Date:	Saturday, April 28, 2012
Time:	10:00 am – 1:00 pm
Fee:	FREE

RED ROBIN NIGHT

Come join the Arts and Humanities Staff at the Quakertown Red Robin. Bring the family for dinner and 10% of your check will be donated back to the Arts and Humanities Department.

Date:	Monday, April 23
Time:	5:00–8:00 pm

ADOPT-A-HIGHWAY SPRING CLEAN UP

Help the Upper Bucks Y keep Quakertown clean and participate in our litter pick-up dates. Participants should wear long sleeves and sturdy shoes. We will meet at the parking lot of the Children's Developmental Program at 313 and Thatcher Road to begin the pick-up.

Date:	Saturday, April 21 (19484)
	Saturday, June 16 (19485)
Time:	8:00–10:00 am

ARTS & HUMANITIES

In cooperation with the Katie Stauffer Memorial Arts Center (www.katiestauffer.org)

SCHOOL AGE

SCHOOL AGE ART STUDIO

Students will develop their creative and visual skills while exploring mosaics, paper-crafting, paper-mache mask making and more.

Ages:	5 to 12 years	Spring 1	Spring 2
Time:	Th 5:45-6:45 pm	(19478)	(19479)
Fee:	Full Member	\$67	
	Program Member	\$82	
	Non Member	\$104	

KIDS' QUICK START: POTTERY

Squeeze, squish and form your way to fun!

Ages:	6-11 years	Spring 1 only
Time:	Sa 9:15-10:15 am	(19459)
Fee:	Full Member	\$67
	Program Member	\$82
	Non Member	\$104

KIDS' QUICK START: DRAWING

Move far beyond stick-figures in this drawing-focused class.

Ages:	6-11 years	Spring 2 only
Time:	Sa 9:15-10:15 am	(19472)
Fee:	Full Member	\$67
	Program Member	\$82
	Non Member	\$104

ART EXPLORATION

See adult class listing for description.

Ages:	13 and up
Time:	Th 7:00-8:00 pm

S.O.A.R. DAYS (School's Out Art and Recreation)

No school? Looking for a great way to spend your morning? Try the Y's new S.O.A.R. Days. Your child will enjoy a creative art class, snack and swim time. Parents should pick their children up at Noon at the pool and get them changed to come home.

Ages:	5 to 12 years	
Time:	9:00 am to 12:00 pm	
Dates:	Monday, March 19	(19457)
	Thursday, April 5	(19455)
	Friday, April 6	(19458)
	Monday, April 9	(19456)
Fee:	Full Member	\$22
	Program Member	\$30
	Non Member	\$40

START OF SUMMER ART STUDIO

School's out. Now what? Get your summer started off with a bang! Your child will enjoy a creative art class, snack and swim time. Parents should pick their children up at Noon at the pool and get them changed to come home.

Ages:	5 to 12 years	
Time:	9:00 am to 12:00 pm	
Dates:	Tuesday, June 12	(19482)
	Wednesday, June 13	(19481)
	Thursday, June 14	(19480)
Fee:	Full Member	\$22
	Program Member	\$30
	Non Member	\$40

PARENT & TOT/FAMILY

PARENT/TOT ART STUDIO

For the youngest artists in your household, this art class is designed to enhance your toddler's fine motor skills and their understanding of shapes and colors.

Ages:	1-3 years (with parent)	Spring 1	Spring 2
Time:	M 10:30-11:00 am	(19466)	(19475)
Fee:	Full Member	\$35	
	Program Member	\$50	
	Non Member	\$72	

PARENT/TOT TUNEFUL TOTS

Preschoolers use musical instruments to play rhythms, sing songs, recognize tonal patterns, move and groove to music and hear poetry while developing language and literacy skills.

Ages:	6 months-3 years (with parent)	Spring 1	Spring 2
Time:	Tu 10:30-11:00 am	(19463)	(19474)
Fee:	Full Member	\$35	
	Program Member	\$50	
	Non Member	\$72	

MAKE A WISH - YOUR PARTY CAN HAPPEN HERE!

Party Ideas:

- Music & Song
- Arts & Crafts
- Kids Korner
- Tumble Time
- Sports
- Traditional
- Swimming
- Recreation Center



Pick up a brochure
and start planning
your event today!

COMMUNITY EDUCATION PROGRAMS

PARENT/TOT CREATIVE DANCE AND MOVEMENT

Children learn fun and creative ways of moving their bodies to music. Includes an introduction to yoga, ballet and other types of dance.

Ages:	18 months–3 years (with parent)	Spring 1	Spring 2
Time:	W 10:30–11:00 am	(19467)	(19476)
Fee:	Full Member	\$35	
	Program Member	\$50	
	Non Member	\$72	

PARENT/TOT SIGN LANGUAGE

Get your young child started with strong communication skills and expand their language development through Sign Language.

Ages:	6 months–3 years (with parent)	Spring 1	Spring 2
Time:	Th 10:30–11:00 am	(19460)	(19473)
Fee:	Full Member	\$35	
	Program Member	\$50	
	Non Member	\$72	

ADULT

ART EXPLORATION

Looking to express your creativity? Maybe learn some art history? Then this class is for you. Explore and try different art mediums, learn about artists from different time periods, cultures and more.

Ages:	13 and up	Spring 1	Spring 2
Time:	Th 7:00–8:00 pm	(19464)	(19468)
Fee:	Full Member	\$67	
	Program Member	\$82	
	Non Member	\$104	

BOOK CLUB

Class participants are responsible for acquiring and reading the chosen material before the class.

Fee:	Full Member	FREE
	Program Member	\$2
	Non Member	\$5

Room By Emma Donoghue

Date:	Wednesday, March 21	(19453)
Time:	4:30–6:00 pm	

The Attack: Novel By Yasmina Khadra

Date:	Wednesday, April 18	(19454)
Time:	4:30–6:00 pm	

The Particular Sadness of Lemon Cake By Aimee Bender

Date:	Wednesday, May 16	(19469)
Time:	4:30–6:00 pm	

Mine All Mine By Adam Davies

Date:	Wednesday, June 20	(19470)
Time:	4:30–6:00 pm	

AMERICAN RED CROSS CPR/AED

Training in the American Red Cross CPR (Adult, Child and Infant), conscious and unconscious choking and the AED for Adults and Children as well as multiple barrier devices.

Date/Time:	May 12; 10:00 am	(19443)
Fee:	Full Member	\$65
	Program Member	\$80
	Non Member	\$100

AMERICAN RED CROSS CPR/AED RECERTIFICATION

Training in the American Red Cross CPR (Adult, Child and Infant), conscious and unconscious choking and the AED for Adults and Children as well as multiple barrier devices.

Date/Time:	May 23, 2012; 6:00 pm	(19444)
Fee:	Full Member	\$40
	Program Member	\$55
	Non Member	\$75

AMERICAN RED CROSS STANDARD FIRST AID

This course is taught through the American Red Cross and covers medical emergencies, bandaging and splinting.

Date/Time:	May 14 (19449) or June 6 (19451); 6:00 pm	
Fee:	Full Member	\$65
	Program Member	\$80
	Non Member	\$100

AMERICAN RED CROSS LIFEGUARD

Participants are prepared to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries. Pre-requisites: Minimum age is 15. If under the age of 18, participant must have parental consent to take this course. Pass the following swim test: Swim 300 yards continuously using front crawl with rhythmic breathing and breaststroke. Retrieve a 10lb object from 7–10 feet, swim 20 yards and exit pool in 1 minute, 40 seconds.

Mondays:	April 2 – May 21, 5:30 – 9:30 pm	(19445)
Weekends:	June 1, 6:00 – 7:30 pm	(19448)
	and June 2, 3, 9 and 10, 10:00 – 6:00 pm	

(All hours must be attended to get certification.)

Fee:	Full Member	\$260
	Program Member	\$275
	Non Member	\$295

AMERICAN RED CROSS LIFEGUARD RECERTIFICATION

For those lifeguards whose certification is getting ready to expire. Pre-requisite: Have a current lifeguarding, CPR and First Aid certification with an accepted agency.

Date/Time:	May 21; 10:00 am	(19447)
	June 10; 10:00 am	(19446)
Fee:	Full Member	\$75
	Program Member	\$100
	Non Member	\$125

PROGRESSIVE GYMNASTICS (LEVELS 1 – 4)

Gymnastics Lesson Fees (unless otherwise listed)

Full Member	\$78
Program Member	\$93
Non Member	\$143

Become a program member for \$50 a year and save on classes every eight weeks!



Thank you readers of *The Intelligencer* for voting our Gymnastics Center as "One of the Best of Bucks Mont 2011"!

LEVEL 1

For the beginner gymnast or child with no gymnastic experience.

Ages:	5 years and older	Spring 1	Spring 2
Time:	M 9:30–10:30 am	(19509)	(19548)
	M 4:45–5:45 pm	(19510)	(19549)
	Tu 9:30–10:30 am	(19529)	(19567)
	Tu 4:45–5:45 pm	(19511)	(19550)
	W 5:45–6:45 pm	(19512)	(19551)
	Sa 10:15–11:15 am	(19496)	(19535)

LEVEL 2

For the gymnast who has completed or tested out of Level 1.

Ages:	6 years and older	Spring 1	Spring 2
Time:	M 4:45–5:45 pm	(19513)	(19552)
	Tu 4:45–5:45 pm	(19514)	(19553)
	W 4:45–5:45 pm	(19515)	(19554)
	Sa 11:15 am–12:15 pm	(19504)	(19543)

LEVEL 3

For the gymnast who has completed or tested out of Levels 1 & 2.

Ages:	6 years and older	Spring 1	Spring 2
Time:	M 4:45–5:45 pm	(19516)	(19555)
	W 4:45–5:45 pm	(19517)	(19556)
	Sa 11:15 am–12:15 pm	(19505)	(19544)

LEVEL 4

For gymnast who has completed or tested out of Levels 1, 2, and 3.

Ages:	6 years and older	Spring 1	Spring 2
Time:	W 4:45–5:45 pm	(19518)	(19557)
	Sa 11:15 am–12:15 pm	(19501)	(19541)

ADVANCED CLASS

Two-hour class for gymnast who would like more time to work on their skills. Children must be level 3 or higher to register for class.

Ages:	6 years and older	Spring 1	Spring 2
Time:	Th 5:00–7:00 pm	(19519)	(19538)
	Sa 12:30 – 2:30 pm	(19502)	(19539)
Fee:	Full Member	\$126	
	Program Member	\$151	
	Non Member	\$201	

TEEN TUMBLE

Focus on floor work, tumbling skills and use of the Tumble Trak.

Ages:	13 to 18 years	Spring 1	Spring 2
Time:	Th 4:45–5:15 pm	(19530)	(19568)
Fee:	Full Member	\$68	
	Program Member	\$83	
	Non Member	\$133	

NEW! TWEEN GYMNASTICS

For the older beginner who might be trying an organized gymnastics program for the first time.

Ages:	10 to 13 years	Spring 1	Spring 2
Time:	Sa 10:15–11:15 am	(19531)	(19532)
Fee:	Full Member	\$78	
	Program Member	\$93	
	Non Member	\$143	

GYMNASTICS TEAM

Are you interested in more information on our Level 4–9 competitive Gymnastics team program? Please contact Janine Brown, Gymnastics Director at 215-536-YMCA (9622) ext 116.

MARK YOUR CALENDAR!

9TH ANNUAL CHOCOLOTTA!

Live and Silent Auctions, Sparkling Jewelry Raffle, Elegant Food Stations, Cascading Chocolate Fountain, Chocolate Desserts, and Open Bar.

Date: Friday, March 23, 2012

Time: 6:30 – 10:00 p.m.

Location: DeSales University (University Center),
2755 Station Ave., Center Valley PA 18034

Fee: \$75/person

Information: Call Sherri Werner, 215-536-YMCA (9622)

EARTH DAY FAIR & FLEA MARKET

Date: Sunday, April 22

Time: 11:00 am to 3:00 pm (19486)

Celebrate our Mother Earth with a day-long festival of all things GREEN! A variety of activities and educational opportunities will be highlighted throughout the day including: Electronics Recycling, Paper Shredding, Meet the Author, Environmental Vendor Fair, Recycled Art Workshop and more! Environmentally friendly businesses and flea market vendors are invited to have a booth at the event. Please contact Amanda Arkans at (215) 536-9622 x123 for more information. All proceeds benefit the Upper Bucks YMCA.

YOUTH SPORTS & ACTIVITIES

Y sports are based on the concept that fair play is at the heart of competition and everyone should have an equal opportunity to compete. The Y also believes that its sports programs can help participants grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills and have fun. Youth sports league registrations begin immediately for everyone. Please sign up online at www.ubymca.org, by phone 215-536-YMCA (9622), or in person. Volunteer coaching is always needed and is a great way to get involved. Contact Joshua Gossler at ext.114 or josh.gossler@ubymca.org if interested.

SPORTS SAMPLER

This is an opportunity to experience some of the youth sports the Y has to offer: soccer, basketball, t-ball, floor hockey and more!

Ages:	3-5 years	Spring 1	Spring 2
Time:	M 9:30-10:30 am	(19690)	(19702)
Ages:	4-7 years		
Time:	Tu 5:30-6:30 pm	(19684)	(19704)
Ages:	3-5 years		
Time:	W 9:30-10:30 am	(19686)	(19703)
Fee:	Full Member	\$35	
	Program Member	\$50	
	Non Member	\$65	

SOCCER CLASS

Ages:	4-7 years	Spring 1 only
Time:	M 5:30-6:30 pm	(19699)
Location:	Gymnasium	
Fee:	Full Member	\$35
	Program Member	\$50
	Non Member	\$65

BASKETBALL CLASS

Ages:	8-9 years	Spring 1	Spring 2
Time:	Th 5:30-6:30 pm	(19683)	(19701)
Fee:	Full Member	\$35	
	Program Member	\$50	
	Non Member	\$65	

FLOOR HOCKEY LEAGUE

Ages:	6-9 years	Spring 1	Spring 2
Time:	Sa 10:00-11:00 am	(19697)	(19714)
Ages:	10-13 years		
Time:	Sa 11:15 am-12:15 pm	(19693)	(19712)
Fee:	Full Member	\$45	
	Program Member	\$70	
	Non Member	\$90	

Shin guards are required for class

T-BALL LEAGUE

Ages:	4-7 years	Spring 2 only
Time:	M-W 5:30-6:30 pm	(19700)
Location:	Outside	
Fee:	Full Member	\$45
	Program Member	\$70
	Non Member	\$90

DODGEBALL

Ages:	6-14 years	Spring 1	Spring 2
Time:	F 6:00-7:30 pm	(19691)	(19710)
Fee:	Full Member	\$40	
	Program Member	\$60	
	Non Member	\$80	

TEEN EXTREME

Get in shape and work on the fundamentals of speed, strength, and the importance of proper stretching. Competition style games including dodgeball, basketball, and floor hockey. Each day, you will have the opportunity to complete homework and have social time.

Ages:	Grades 6-8	Spring 1	Spring 2
Time:	M - Th 2:00-5:00	(19692)	(19711)
Fee:	Full Member	\$10	
	Program Member	\$15	
	Non Member	\$25	

KARATE

Build attention span, self-confidence and self-discipline. Classes are offered for beginner, intermediate and advanced levels. Learn basic kicks, blocks and strikes as well as self-defense techniques that are designed to work with the natural movements of your body.

Ages:	6 years - Adult	Spring 1	Spring 2
Time:	M 7:30-8:30 pm Beginner	(19736)	(19737)
	Tu 7:30-8:30 pm Adult Beginner	(19738)	(19739)
	W 6:30-7:30 pm Beginner	(19695)	(19707)
	W 7:30-8:30 pm Advanced	(19687)	(19706)
	F 7:00-8:00 pm Sparring	(19687)	(19715)
	Sa 11:00 am - 12:00 pm Advanced	(19694)	(19713)
	Sa 12:00-1:00 pm Intermediate	(19689)	(19709)
	Sa 1:00-2:00 pm Beginner	(19688)	(19708)
Fee:	Full Member	\$60	
	Program Member	\$80	
	Non Member	\$105	

MARK YOUR CALENDAR!

THE UPPER BUCKS YMCA 3RD ANNUAL AVERAGE JOE OR JOAN SPRINT TRIATHLON

Swim 500 yards in our pool, bike 12.08 miles & run 3.1 miles!

Ages:	13-100 years
Date:	Sunday, June 10, 2012
Time:	7:00 am check-in (19664) 8:00 am WAVE STARTS

Location: Event begins and ends at Y,
401 Fairview Avenue, Quakertown

Fee:	\$50 on or before May 18 \$60 May 19 th - June 9 th
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NO RACE DAY registration!!

Call Megan Gelsebach, Health and Wellness Director at 215-536-9622 ext 120 or email megan.deily@ubymca.org

FITNESS & AEROBICS

WELLNESS CENTER

Open to men, women and youth 13 years of age and older (with recommendation of fitness staff), this center includes state-of-the-art Cybex selectorized circuit equipment, free weights and a variety of cardiovascular equipment. **13 and 14 year olds MUST be accompanied by an adult (21 or older) and must also go through an orientation before using the equipment.** All adult full privilege members are encouraged to learn the safe and effective use of the Wellness Center equipment. FREE orientations on the equipment are available to all full privilege members. Schedule appointments at Welcome Center. Learn the components of a proper fitness program, technique and the operation of the equipment.

BODY FAT READINGS

Have your body composition measured and discover your estimated fat percentage. Bio-analogic assessments are done by appointment only and must be taken before your workout.

Fee:	Full Member	\$2*
	Program Member	\$7
	Non Member	\$12

*Full Members receive a free Body Fat test on their membership renewal date.

PERSONAL TRAINING

Having trouble staying committed to your exercise program? A personal trainer will keep you motivated and make sure that you are using proper form, positioning, and breathing techniques which maximize results and minimize injury. Available by appointment only. Cancellation Policy: 24 hours notice or you will be charged for the session. Please call the Welcome Center, 215-536-YMCA (9622), for fees.

Ages: 13 years and up

GROUP EXERCISE CLASSES

Trying to lose weight, build muscle, strengthen your heart and lungs, or a combination of all three? Sign up for a variety of classes and have fun at the same time! All participants must register at welcome center for aerobic classes, regardless of membership type.

Ages: 14 years and up

Fee:	Full Member	Free
	Program Member	30 minute class \$10
		45 minute class \$15
		60 minute class \$20
	Non Member	30 minute class \$30
		45 minute class \$40
		60 minute class \$50

ABS +

This class combines essential core-stability training with exercises to strengthen your abs and back.

BODY SCULPTING

A 60 minute non-aerobic, challenging strength workout aimed at muscle toning for the entire body using various forms of resistance.

BOOT CAMP

A great workout through athletic drills and endurance training.

POWER STEP

A high energy class for those who like variety! Step, double step, toning and sculpt are all offered. The class will consist of 30-35 minutes of cardio work on the step, followed by body conditioning. You will get a great workout while learning choreographed moves.



NEW! BODYPUMP™

The original barbell class that strengthens the entire body. 60-minute workout challenges all major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and a choice of weight inspire you to get the results you want – and fast! Like all the LES MILLS™ programs, a new BODYPUMP™ class is released every three months with new music and choreography. Free to Full Members ONLY. Space is limited! Please note: if you miss two classes in a row, in an 8-week session, your spot will be made available to someone else.

BUTT & GUT

It's all in the name! You will tighten your abs, lift your rear, and firm your legs in this muscle conditioning class.

INSTRUCTOR'S CHOICE

A total body workout, full of variety, that will please step class or aerobic dance enthusiasts.

NEW! KETTLEBELL

A Kettlebell is used to perform ballistic exercises combining cardiovascular, strength and flexibility training. Bring your own Kettlebells (BYOKB)!

ON THE BALL

This class uses a stability ball to help tone and strengthen your entire body. Bring a ball if you have one.

PILATES

Tone and strengthen entire body with a 60 minute non-cardio class that emphasizes trunk stabilization, balance, posture and breathing.

Fee:	Full Member	\$15
	Program Member	\$27
	Non Member	\$55

RUNNING CLASS

For those who want to run with a group to push themselves to the next level and tune up for spring races. Dress for the weather.

Fee:	Full Member	\$15
	Program Member	\$27
	Non Member	\$55

SPIN/RUN

This class is for those of you wanting more from a spin class!

Fee:	Full Member	\$25
	Program Member	\$35
	Non Member	\$50

STEP EXPRESS

A 30 minute high energy class designed to get your heart pumping!

YOGILATES

Combines pilates movements for a strong core and flat belly with yoga stretches for flexibility, strength and stress reduction. It is an effective workout fusing two disciplines that complement each other well. Building strength through your torso with pilates may help you avoid injury and perform yoga postures with maximum benefit.

Fee:	Full Member	\$46
	Program Member	\$62
	Non Member	\$78

ZUMBA

Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms, and resistance training, are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba!

Fee:	Full Member	\$15
	Program Member	\$27
	Non Member	\$55

NEW! ZUMBA GOLD

Designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. Zumba Gold is done at a much lower intensity. The same great Latin styles of music and dance are used and just as fun as the regular Zumba classes. Zumba® Gold classes strives to improve our balance, strength, flexibility and most importantly, the heart.

Fee:	Full Member	\$15
	Program Member	\$27
	Non Member	\$55

SWEAT & SCULPT EXPRESS

This 30 minute class is designed to get your heart pumping and your muscles toned.



See aerobic schedule for SilverSneakers class times

SILVERSNEAKERS® - Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SILVERSNEAKERS® - Cardio Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is used for support, stretching, and relaxation exercises.

SILVERSNEAKERS® - YogaStretch

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SILVERSNEAKERS®- SilverSplash®

SilverSplash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

SPINNING/GROUP CYCLING

Focus on strengthening the legs while increasing cardiovascular performance. You will race the flats, climb the huge mountains, and sprint downhill all while building power, endurance and muscle! Sign up early – space is limited. If you miss more than two classes in an eight week session, your spot will be given to someone on the waitlist. Please let your instructor know if you are a beginner.

SPINNING/GROUP CYCLING FEES: (Members only)

Full Member	Free
Program Member	\$20

MARK YOUR CALENDAR!

THE UPPER BUCKS YMCA 3rd AEROBOTHON (19662)

Kick start bathing suit season with a 7 hour workout! *Get friends and family to sponsor you and your registration fee will be waived! Sponsors can pledge an amount per half hour, or, give you a flat donation. Funds raised will benefit the Upper Bucks YMCA Health and Wellness Department.

Ages:	14 years and up
Date:	Saturday April 14, 2012
Time:	9:00 am – 4:00 pm (Check-in 8:15-8:45 am)
Fee:	\$20 (\$25 at door)

*Registration waived with \$50 in sponsorship

Schedule of Events:

9:00-9:25 am	ABS
9:30-10:25 am	Kickboxing
10:30-10:55 am	Butt and Gut
11:00-12:00 pm	ZUMBA
12:00-12:25 pm	Snack break
12:30-1:25 pm	Step
1:30-1:55 pm	Pilates
2:00-2:55pm	Body Sculpt
3:15-4:00pm	Water Aerobics*

*bring your swim suit and towels!
(you do not need to know how to swim for this workout!)

CINCO DE MAYO 5K

One loop through town!

Date:	May 2, 2012
Time:	Wednesday, 7:00 pm (19663)
Location:	Upper Bucks YMCA 401 Fairview Ave Quakertown
Fee:	\$15 pre-registered on or before 4/20 \$20 after 4/20 and race day

GROUP EXERCISE SCHEDULE

*Beginner | **Intermediate | ***Advanced | GYM – Main Gymnasium | AUX – Auxiliary Gym | SPIN – Spinning® Studio

(Subject to change without notice)

DAY	TIME	CLASS	SPRING 1	SPRING 2	LOCATION	INSTRUCTOR
MONDAY	**6:00–6:45am	Spinning	(19597)	(19645)	SPIN	Lesia
	*9:15–10:15 am	Pilates	(19612)	(19660)	AUX	Pam
	** 9:30–10:30 am	Spinning	(19598)	(19646)	SPIN	Kristen D
	*10:30– 11:00 am	Butt and Gut	(19595)	(19643)	GYM	Christy M
	*10:30–11:30 pm	SilverSneaker MS-ROM	(19570)	(19618)	AUX	Megan
	*12:00–1:00 pm	BODYPUMP™	(19589)	(19637)	GYM	Megan
	*5:30–6:00 pm	Sweat & Sculpt Express	(19591)	(19639)	AUX	Tracy
	**6:15–7:15 pm	Pilates	(19585)	(19633)	AUX	Leslie
	* 6:15–7:00 pm	Spinning	(19599)	(19647)	SPIN	Maryann
	** 7:30–8:30 pm	BODYPUMP™	(19606)	(19654)	GYM	Lesia
TUESDAY	** 6:00–6:45 am	Spinning	(19600)	(19648)	SPIN	Tony
	*9:00 am–10:00am	SilverSneakers YogaStretch	(19604)	(19652)	AUX	Karen M
	**9:30–10:30 am	Instructor’s Choice	(19583)	(19632)	GYM	Megan
	*10:30–11:00 am	Abs+	(19615)	(19617)	GYM	Megan
	*11:30–12:30pm	ZUMBA Gold	(19577)	(19625)	AUX	Madelyn
	*5:30–6:15 pm	Boot Camp	(19581)	(19629)	AUX	Janna
	**6:30– 7:30 pm	Instructor Choice	(19611)	(19659)	AUX	Tracy
	*6:45–7:45 pm	Yogilates	(19574)	(19622)	Spin	Stephanie
WEDNESDAY	*9:30–10:30am	Running class	(19578)	(19626)	OUTSIDE	Megan
	**9:30–10:30 am	Spinning	(19601)	(19649)	SPIN	Jen
	* 9:30–10:00 am	Butt and Gut	(19582)	(19651)	AUX	Christy
	*10:30–11:30 am	ZUMBA	(19607)	(19655)	GYM	Karen S
	*10:30–11:30 pm	SilverSneakers MSROM	(19575)	(19623)	AUX	Karen M
	**5:30–6:30 pm	BODYPUMP™	(19587)	(19635)	GYM	Megan
	**6:30–7:30 pm	Spinning	(19572)	(19620)	SPIN	Lesia
	**7:30–8:30 pm	Kettlebell	(19734)	(19735)	SPIN	Kelly
THURSDAY	**6:00–6:45 am	Spinning	(19602)	(19650)	SPIN	Larry
	*9:15–10:15 am	On The Ball	(19584)	(19630)	AUX	Pam
	*9:30–10:15 am	Spinning	(19605)	(19653)	SPIN	Maryann
	**10:00–11:00 am	BODYPUMP™	(19610)	(19658)	GYM	Megan
	*11:30–12:15 pm	SilverSneakers SilverSplash	(19439)	(19440)	POOL	Megan
	*5:30– 6:30 pm	ZUMBA	(19592)	(19640)	AUX	Madelyn
	*6:30– 7:15pm	Butt and Gut	(19573)	(19621)	SPIN	Leslie
	**7:15–8:15 pm	Power Step	(19609)	(19657)	AUX	Lesia
FRIDAY	** 9:15–10:15 am	Yoga Stretch	(19586)	(19634)	AUX	Christy M
	**9:30–10:30 am	Body Sculpting	(19580)	(19628)	GYM	Megan
	**9:30–11:00 am	Spin/Run	(19608)	(19656)	SPIN	Kristen D
	*10:30 –11:00 am	Abs+	(19579)	(19627)	AUX	Megan
	**11:30–12:30pm	SilverSneakers Cardio Circuit	(19596)	(19644)	AUX	Megan
	*6:00–7:00 pm	ZUMBA	(19593)	(19641)	AUX	Kate
SATURDAY	*7:45–8:15 am	Step Express	(19613)	(19661)	AUX	Lesia
	**8:30– 9:30 am	BODYPUMP™	(19576)	(19624)	AUX	Lesia
	*9:30–10:15 am	Spinning	(19603)	(19651)	SPIN	Maryann
	**9:45–10:45 am	BODYPUMP™	(19590)	(19638)	AUX	Megan
SUNDAY	*12:30–1:30 pm	ZUMBA	(19594)	(19642)	GYM	Karen S/Kate

AQUATICS

LEARN TO SWIM AT THE Y – LESSONS FOR ALL AGES & ABILITIES

YMCA of the USA Swimming Program is a progressive style program in which each level builds upon the preceding one. Classes include swimming skills, water safety and aquatic games. Most children begin with beginner level swim lessons. Entry into any level does not imply automatic transfer to the next skill level for the following session. Each child learns comfort in the water and swimming skills at their own pace. Attention Parents: In order to ensure children are placed in the correct level, we offer swim evaluations. Please call 215-536-YMCA (9622) ext. 125 to schedule a time.

POOL SCHEDULE IS AVAILABLE ONLINE AT WWW.UBYMCA.ORG AND AT THE Y

OPEN FAMILY SWIM

The recreation-side of pool is open for swimmers of all ages to enjoy including the new serpentine slide* and water-play features! Children 12/under must be accompanied by adult family member. *Note: slide and water features will not operate during certain times; hours vary. To use slide, swimmers must be at least 48" tall.

LAP SWIM

The Y will provide at least one lap lane throughout the day for use by lap swimmers, except during special events.

ADULT SWIM

The entire pool is open for our adult swimmers ages 18 and over. Slide is not open during this time. Adult swimmers are also invited to use the lap lane that will be available throughout the day as well as swimming during any open swim times with swimmers of all ages.
Ages: 18 and up

SPECIAL POPULATIONS

All participants must bring an aide to help in both the locker room and pool if needed. Group homes are required to bring aides.
Time: Sa 1:00 – 2:00 pm

PARENT AND CHILD SWIM LESSONS

(Shrimp, Kippers, Inia and Perch)

The primary objective is to get both the parent and child comfortable in the water. The child will become aware of the differences between moving through water and on dry land, while the parent will become aware of how to teach their child to be safer in and around the water. Classes are designed to allow the child to have fun in the water while the parent guides them to learn aquatic skills. The child will be exposed to songs that use basic movements in the water such as kicking, arm strokes and breath control.

Ages:	6 – 36 months	Spring 1	Spring 2
Time:	Tu 10:00 – 10:30 am	(19313)	(19391)
	Tu 7:00 – 7:30 pm	(19314)	(19392)
	Sa 9:00 – 9:30 am	(19282)	(19390)

Swim Lesson Fees (unless otherwise listed)

Full Member	\$53
Program Member	\$88
Non Member	\$135

Become a program member for \$50 a year and save on classes every eight weeks!



TEEN & ADULT PROGRAMS/SPORTS

ADULT OPEN HOCKEY

Ages:	16 and Up	
Time:	W 7:00–9:00 pm	(18920)
Fee:	Full Member	\$10
	Program Member	\$15
	Non Member	\$20

RECREATION VOLLEYBALL

Ages:	13 & up	Spring 1	Spring 2
Time:	M 8:15 – 10:00 pm	(19136)	(19705)

If there are no participants for volleyball by 8:30 p.m., the gym will be open for basketball.

Fee:	Full Member	Free
	Program Member	\$20
	Non Member	\$40

BASKETBALL

Basketball court is available for open play when not in use. Please call Welcome Center at 215-536-YMCA (9622).

OPEN COURT BASKETBALL RULES

1. If more than 10 players, play half court.
2. For children's safety, please do not take children to the gym area during adult recreation times.
3. No food or drinks with the exception of water, are allowed on the courts at any time.
4. Any violation of the code of conduct will be grounds for immediate dismissal from building; and may cost you your membership.
5. Please be responsible and courteous so all players may have an enjoyable place to play safely.
6. NO dunking.

AQUATICS CONTINUED

PRESCHOOL SWIM LESSONS

Learn the fundamentals of swimming with emphasis on personal safety, strength, endurance and coordination in the water.

Ages: 3 – 6 years, prior to 1st grade

PIKE WITH PARENT

For children who aren't ready for swim classes without a parent in the water with them. Designed to get children comfortable in water and transition them into group lessons without a parent.

	SPRING 1	SPRING 2
Time: W 10:00 – 10:30 am	(19279)	(19393)
Th 7:00 – 7:30 pm	(19308)	(19403)
Sa 9:30 – 10:00 am	(19307)	(19402)

PIKE

Beginner level emphasizes water adjustment, safety and swimming readiness. To progress out of this level a swimmer must have have an efficient kick with toes pointed as well as other water skills.

Time: M 1:00 – 1:45 pm	(19287)	(19396)
M 7:00 – 7:45 pm	(19309)	(19404)
Tu 10:30 – 11:15 am	(19284)	(19394)
Tu 5:30 – 6:15 pm	(19311)	(19406)
W 10:30 – 11:15 am	(19286)	(19395)
Th 1:00 – 1:45 pm	(19288)	(19397)
Th 6:15 – 7:00 pm	(19310)	(19405)
F 10:30 – 11:15 am	(19290)	(19398)
Sa 9:15 – 10:00 am	(19291)	(19399)
Sa 10:00 – 10:45 am	(19295)	(19400)
Sa 10:45 – 11:30 am	(19296)	(19401)

EEL

Children put together swimming skills: reaching, pulling and kicking. Swimmers in this level can begin with wearing three or less bubbles.

Time: M 1:45 – 2:30 pm	(19285)	(19370)
M 7:00 – 7:45 pm	(19312)	(19371)
Tu 5:30 – 6:15 pm	(19341)	(19361)
Tu 6:15 – 7:00 pm	(19342)	(19362)
W 10:30 – 11:15 am	(19343)	(19363)
Th 1:45 – 2:30 pm	(19344)	(19364)
Th 5:30 – 6:15 pm	(19345)	(19365)
F 10:30 – 11:15 am	(19346)	(19366)
Sa 10:00 – 10:45 am	(19347)	(19367)
Sa 10:45 – 11:30 am	(19265)	(19368)
Sa 11:30 – 12:15 pm	(19266)	(19369)

RAY

For this class, swimmers must swim 25 feet without a floatation device. Children will swim lengths of the pool with and without bubbles. The main focus will be on freestyle technique and rotary breathing. The competitive strokes are taught.

Time: M 1:00 – 1:45 pm	(19283)	(19410)
M 5:30 – 6:15 pm	(19289)	(19411)
M 6:15 – 7:00 pm	(19720)	(19727)
Tu 10:30 – 11:15 am	(19297)	(19412)
Tu 5:30 – 6:15 pm	(19348)	(19407)
Th 5:30 – 6:15 pm	(19721)	(19728)
Th 6:15 – 7:00 pm	(19280)	(19408)
Sa 9:15 – 10:00 am	(19281)	(19409)
Sa 10:00 – 10:45 am	(19315)	(19413)
Sa 11:30 am – 12:15 pm	(19722)	(19729)
Sa 10:45 – 11:30 am	(19316)	(19414)

STARFISH

For this class, swimmers must swim a length of the pool without a bubble. This level will emphasize the main competitive strokes.

Time: M 1:45 – 2:30 pm	(19317)	(19425)
M 6:15 – 7:00 pm	(19318)	(19426)
Th 5:30 – 6:15 pm	(19319)	(19427)
Sa 11:30 – 12:15 pm	(19320)	(19428)

YOUTH SWIM LESSONS

The youth program provides children with the opportunity to learn water skills and water safety.

Ages: 6-15 years, 1st grade and up

POLLIWOG

The beginner level for the elementary school child. Swimmers will learn how to reach, pull and kick.

	SPRING 1	SPRING 2
Time: M 6:15 – 7:00 pm	(19293)	(19416)
Tu 7:00 – 7:45 pm	(19321)	(19418)
Th 6:15 – 7:00 pm	(19322)	(19419)
Sa 10:45 – 11:30 am	(10323)	(19220)
Sa 11:30 – 12:15 pm	(19298)	(19417)

GUPPY

To enter this level, child must swim one half of the length of the pool without a floatation device, and have no fear of deep water or putting their face in the water. Front and back crawl will be taught.

Time: M 5:30 – 6:15 pm	(19299)	(19377)
M 6:15 – 7:00 pm	(19300)	(19378)
M 7:00 – 7:45 pm	(19723)	(19730)
Tu 6:15 – 7:00 pm	(19301)	(19379)
Th 5:30 – 6:15 pm	(19302)	(19380)
Th 6:15 – 7:00 pm	(19724)	(19731)
Sa 10:00 – 10:45 am	(19327)	(19381)
Sa 10:45 – 11:30 am	(19725)	(19732)
Sa 11:30 – 12:15 pm	(19328)	(19382)

MINNOW

An efficient front crawl with rotary breathing is needed to register for this level. Backstroke will be emphasized as well as endurance and technique of all strokes.

Time: M 5:30 – 6:15 pm	(19329)	(19386)
Tu 6:15 – 7:00 pm	(19330)	(19387)
Th 7:00 – 7:45 pm	(19331)	(19388)
Sa 10:00 – 10:45 am	(19332)	(19389)

FISH

For this level, child must be able to swim 50 yards of backstroke and front crawl without rest. Main emphasis on breast stroke/endurance.

Time: Tu 7:00 – 7:45 pm	(19333)	(19372)
Sa 10:00 – 10:45 am	(19726)	(19733)
Sa 10:45 – 11:30 am	(19334)	(19373)

PORPOISE (Flying Fish and Shark)

To enter this level, the swimmer must be able to swim 50 yards of front crawl, back crawl and breast stroke. Butterfly and fundamentals of competitive swimming are emphasized in this level.

Time: Th 7:00 – 7:45 pm	(19335)	(19421)
Sa 11:30 – 12:15 pm	(19292)	(19415)

WATER FITNESS CLASSES

Water provides a liquid weight machine that offers resistance work in functional ranges of motion for daily living, while the support of buoyancy cushions impact against joints. Workouts are designed for swimmers and non-swimmers alike.

Age:	14 years and up	
Time:	See schedule below	
Fee:	Full Member	FREE*
	Program Member	\$30
	Non Member	\$60

*Full members required to register for classes as space is limited.

AQUA-FIT

Hydra-exercise, aerobic routines and toning. Non-swimming exercise program designed to promote cardiovascular fitness

	as well as tone muscles.	SPRING 1	SPRING 2
Time:	M 9:00 – 9:45 am	(19336)	(19356)
	Tu 9:45 – 10:30 am	(19337)	(19357)
	W 9:00 – 9:45 am	(19338)	(19349)
	Th 9:45 – 10:30 am	(19339)	(19350)
	F 9:00 – 9:45 am	(19340)	(19351)

DEEP WATER CHALLENGE

High intensity with no impact.

Time:	M 9:45 – 10:30 am	(19267)	(19358)
	W 9:45 – 10:30 am	(19268)	(19359)
	F 9:45 – 10:30 am	(19269)	(19360)

AQUATICISE

Water resistance movements tone muscles, increase coordination and flexibility, improve posture and build endurance.

Time:	M 7:45 – 8:30 pm	(19324)	(19353)
	Tu 7:45 – 8:30 pm	(19325)	(19354)
	W 7:45 – 8:30 pm	(19326)	(19355)
	Th 7:45 – 8:30 pm	(19306)	(19352)

FIT n' FUN

Gentle low-impact aerobics designed for older men and women.

Time:	M 9:45 – 10:30 am	(19270)	(19374)
	W 9:45 – 10:30 am	(19274)	(19375)
	F 9:45 – 10:30 am	(19275)	(19376)

INTO DEEP

Class participants use floatation belts to suspend themselves in the water for a great workout without any pressure on sensitive joints.

Time:	M 9:00 – 9:45 am	(19271)	(19383)
	W 9:00 – 9:45 am	(19272)	(19384)
	F 9:00 – 9:45 am	(19273)	(19385)

SILVER SPLASH

See Fitness and Aerobics page for description.

Time:	Th 11:30 am – 12:30 pm	(19439)	(19440)
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WATER WALKING

Take a walk in the water. This full-body aerobic workout is low on impact but high on muscle building.

Time:	Tu 9:00 – 9:45 am	(19277)	(19430)
	W 5:30 – 6:15 pm	(19278)	(19431)
	Th 9:00 – 9:45 am	(19276)	(19429)

PRIVATE AND SEMI-PRIVATE SWIM LESSONS

Available for all ages. Semi-private lessons: two participants with one instructor. Competitive private lessons: experienced swimmers looking to refine their strokes. Private lessons available to Full and Program Members only. 8-week session of 30 minute lessons. Please call 215-536-YMCA (9622) x125.

Private Lessons

Private:	Full Member	\$180
	Program Member	\$250

Semi-Private Lessons (must have 2 in lesson)

Fee:	Full Member	\$115 per person
	Program Member	\$150 per person

SPECIAL NEEDS SWIM LESSONS

Each student is required to have a parent/aide in the water with them during the lessons. Class sizes are limited.

Ages:	3 years and up		
Times:	Sa 12:15 – 1:00 pm	(19294)	(19422)
Fee:	Full Member	\$68	
	Program Member	\$95	
	Non Member	\$140	

ADULT SWIM LESSONS

Designed for all levels of beginner instruction—whether to learn basic strokes or you are totally terrified of the water.

Ages:	14 and up	Spring 1	Spring 2
Time:	Tu 10:30 – 11:15 pm	(19436)	(19438)
	W 6:45 – 7:30 PM	(19435)	(19437)
Fee:	Full Member	\$53	
	Program Member	\$88	
	Non-Member	\$135	

ADULT SWIM CONDITIONING

An experienced coach will introduce triathlon swimming skills and help participants prepare and train for a triathlon swimming event. Participants must be able to swim 100 continuous yards of freestyle. Swim laps while increasing endurance and strength.

Ages:	16 and up		
Time:	M 10:30 – 11:30 am	(19303)	(19432)
	W 7:30 – 8:30 pm	(19304)	(19433)
	Th 10:30 – 11:30 am	(19305)	(19434)
Fee:	Full Member	\$40	
	Program Member	\$80	
	Non Member	\$100	

COMPETITIVE SWIMMING PROGRAM

STROKE AND TURN CLINIC

Our traditional Stroke and Turn Clinic. The five week clinic will be dedicated to stroke improvement and competitive fundamentals.

Dates: April 30, 2012 through May 30, 2012

Ages:	6-10 years		
Time:	M-Th 5:30 – 6:30 pm	(19442)	
Fee:	Full Member	\$60	
	Program Member	\$100	
	Non Member	\$150	
Ages:	11 – 19 years		
Time:	M-Th 6:30 – 8:00 pm	(19441)	
Fee:	Full Member	\$70	
	Program Member	\$110	
	Non Member	\$160	



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Upper Bucks YMCA
401 Fairview Avenue
Quakertown PA 18951

MISSION:

To put Christian principles, including honesty, caring, respect and responsibility, into practice through programs that build healthy spirit, mind and body for all.

MARK YOUR CALENDAR!

LOOK FOR MORE SPECIAL EVENTS LISTED INSIDE!

THREE FUN EVENTS FOR FAMILIES!

Be sure to sign up early, space is limited. Each event will have raffle tickets available for \$1 each or your child's arm length for \$5. Pictures available for \$5 includes make your own picture frame (cash only).

MOTHER & DAUGHTER TEA PARTY

It's a girl's day out....mothers and daughters will come to the Y for a tea party and an afternoon of fun. Decorate your own princess tiara and wand, play some games and make your own jewelry. Dress your best, drinks and snacks will be served.

Ages: Girls, 4-10 years
Date: Sunday April 15, 2012
Time: 1:00 – 3:00 pm (19491)
Location: Quakertown Fairview Avenue
Fee: Full Member \$18 per couple
Program Member \$20 per couple
Non Member \$25 per couple

Registration deadline: April 1, 2012.

MOTHER-SON PICNIC

Mothers and sons will be searching for treasure! Includes making pirate hats and eye patches, a treasure hunt and decorate your own pirate treasure chest. Each child will walk away with a goodie bag!

Ages: Boys, 4-10 years
Date: Sunday May 20, 2012
Time: 1:00 – 3:00 pm (19492)
Location: Quakertown Fairview Avenue
Fee: Full Member \$18 per couple
Program Member \$20 per couple
Non Member \$25 per couple

Registration deadline: May 1, 2012.

15TH ANNUAL GOLF TOURNAMENT

More information to come!
Date: Friday, July 13, 2012
Location: Wedgewood Golf Course Limeport, PA



THANKS TO OUR COMMUNITY PARTNERS:

- Cowan Associates, Inc.
 - Lewis Brothers Builders
 - Quakertown Health Venture
 - Hutchinson, Gillaehan & Freeh
 - State Farm Insurance, Bob Witmer
- Want to learn how you can be a partner and have your business banner displayed in our gymnasium? Contact Pat Edwards at pat.edwards@ubymca.org.

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